

## **International Certificate in Professional Kinesiology Practice**

### **International Certificate in Professional Kinesiology Practice**



The ICPKP International Certificate in Professional Kinesiology Practice provides the launching pad in your career as a PKP kinesiology practitioner.

Graduates are able to register as kinesiologists in many countries around the world and begin practising professionally\*. For example, NZ graduates may apply to the New Zealand Kinesiology Practitioners Accreditation Board (NZKPAB) to become a Certificated Kinesiologist.

The course covers in depth the fundamental skills and knowledge of the Professional Kinesiology Practitioner. It consists of the full BKP series (BKP101-110) plus units on clinical body contact (RBT 201), advanced emotional stress release (EMS 201), First Aid (OCT 202 - taken externally) and Anatomy & Physiology (A&P 201). There are also several optional home study units on such topics as clinical practice management and communication skills which may be used to meet local requirements for health practitioners.

## **BKP101-en : Energisers and Self Care**



This workshop introduces you to three different kinds of easy to learn self-energiser trigger points (Neuro-Emotional, Neuro-Lymphatic, and Neuro-Vascular) and the powerful meridian energiser trace. As well, you will use walking gait reflexes, crosscrawl self integration, vision and hearing energy techniques.

## **BKP102-en : Proficient Manual Muscle Testing**



People completing this unit will be able to use muscle testing accurately, and perform a Kinesiology energy balance on others. They will be able to identify dehydration, ionisation, neurological disorganisation (switching), central vessel integrity and thymus energy imbalance.

## **BKP103-en : Introduction to the Law of 5-Elements**



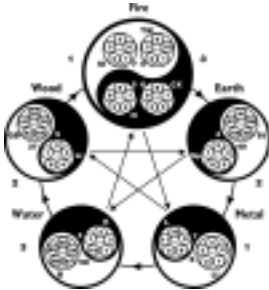
This unit develops an elementary understanding of and skill in using basic 5-Element principles for energy balancing.

## **BKP104-en : The Body's Superficial Energy Connections**



This unit introduces an understanding of the philosophy, principles and history of Kinesiology; to extend the understanding of meridians and their related organ systems and to develop proficiency in a 14 muscle wheel energy balance.

## **BKP105-en : The Law of 5-Elements in depth**



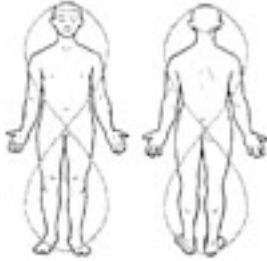
This unit extends the understanding of, and skill in using, the 5-Element principles and 5-Element emotions for energy balancing.

## **BKP106-en : Professional Skills, Balancing Protocol with Database**



This unit develops skill and understanding in the use of basic professional Kinesiology techniques.

## **BKP107-en : Pain Reduction**



This unit develops skill in using Kinesiology techniques to reduce physical pain.

## **BKP108-en : History / Balancing with Food**



This unit extends an understanding of the development (philosophy and principles) of Kinesiology. It develops an understanding of the chain of life, the six stages of nutrition, food combining; the concept of biogenic, biostatic, biocidic substances; to construct a diet using 5-Element, food family and food rotation principles; to develop skill in using C1 and ear acu-point sensitivity tests.

## BKP109-en : Advanced muscle techniques, Reactivity and Posture



This unit develops skill and understanding in correcting reactivity in muscles and meridians with (and without) circuit retaining or reactive modes. To develop skill in observing postural imbalance; to extend techniques in balancing energy in muscles.

## BKP110-en : Using Client Health Records



To establish, utilise and update a client health record; communicate in a professional manner and set clear boundaries in a kinesiology practice; establish personal ethical behaviour and respect client's rights in a health care context.

## **EMS201-en : Mastery of Emotional Stress Release**



The purpose of this unit is to develop skill and understanding in the use of the frontal/occipital stress release technique including the application of active listening and role play. Those who have completed this unit will be able to use basic frontal/occipital holding, assist the client: to find new resources, apply the video-rewrite method, brainstorm, make up new possibilities, use their senses and intuition, state what they are feeling, want and are willing to do to achieve this, with or without the use of imagery including but not limited to jewels, balloons, grounding rods, picture frames and symbolic encapsulation and the hypothesis of an older, wiser self, to enable the client to defuse stress related to but not limited to challenges to their authority and terminating a relationship within or without the context of active listening or role play.

## **RBT201-en : Clinical Body Contact and Palpation**



The purpose of this unit is to develop professionalism, skill and understanding in using Kinesiology techniques related to body contact.

Those completing this unit standard are able to: prepare for and establish clinical body contact; maintain clinical body contact; and cease body contact in a kinesiology setting; describe and demonstrate palpatory sense; use palpation to assess the client muscle state; and integrate palpatory findings into the management of the client in a kinesiology clinical practice setting.